

<b>EDGAR COUNTY</b> <b>HOME &amp; COMMUNITY EDUCATION ASSOCIATION</b> <b>September/October, 2023</b>
--

## Meetings

***Please notify the Extension Office of information for your meetings!!***

	<u>Date</u>	<u>Hostess</u>
<b>Bell Ridge</b>	<b>September October 10</b>	Please check with your club president for details <b>5:30 p.m. International Night</b>
<b>Chrisman Nite</b> 7 p.m.	<b>September 28</b> Hostess: Betty Lewis & Mary Marvin	<b>Chrisman Christian Church</b>
7 p.m.	<b>October 26</b> Hostess: Betty Porter & Priscilla Hunt <b>White Elephant Sale!</b>	<b>Chrisman Christian Church</b>
<b>Redman Nite</b>	<b>September October 10</b>	Please check with your club president for details <b>5:30 p.m. International Night</b>
<b>Stratton</b>	<b>September 26 October 10</b>	<b>1:30 p.m. Pat Brazelton 5:30 p.m. International Night</b>
<b><u>***Edgar County H.C.E. Board Members***</u></b>		
Co-Presidents	Pat Brazelton, 217-822-6183 Kate Morecraft, 217-822-4956	<a href="mailto:pbraze33@gmail.com">pbraze33@gmail.com</a> <a href="mailto:silly1kate@me.com">silly1kate@me.com</a>
First Vice	Paula Coombes, 217-822-4058	<a href="mailto:prcoombes@wildblue.net">prcoombes@wildblue.net</a>
Second Vice	Becky Step, 217-264-6855	<a href="mailto:rstep1954@gmail.com">rstep1954@gmail.com</a>
Secretary/CVH	Cindy Bruce, 217-948-1021	<a href="mailto:cndlu347@gmail.com">cndlu347@gmail.com</a>
Treasurer	Carole Halloran, 217-251-2384	<a href="mailto:jchalloran.jtj@gmail.com">jchalloran.jtj@gmail.com</a>
International/ Public Relations	Trudy Arrasmith, 217-822-7262	<a href="mailto:tarrasm57@gmail.com">tarrasm57@gmail.com</a>
Community Enrichment/Family/ Community Issues	Dona Hoult, 217-822-2419	<a href="mailto:hillcrest30@frontier.com">hillcrest30@frontier.com</a>

**Upcoming HCE Events:**

October 9 – 13	<b>HCE Week</b>	
Tuesday, October 10	<b>International Night</b>	5:30 p.m. registration 6 p.m. meal
Thursday, October 12	<b>Women Walk the World</b>	4 p.m.
	<b>Officer’s Training &amp; Game Night</b>	will follow the Women Walk the World event

All events will be held at the 4-H Fairgrounds

**THANK YOU**

We would like to thank everyone that came out to eat at the 4-H Building during the 4-H Fair. Also, **THANK YOU** to all servers and helpers!

**SAVE THE DATE**

The 2024 Illinois Association for Home & Community Education Annual Conference will be held March 12 – 14, 2024 at the Thelma Keller Convention Center in Effingham. Be watching future newsletters for registration information.

**A Message from ECHCE Co-Presidents:**

I can’t believe **Fall** is just ahead! I’m not thru with summer just yet. I don’t think Mother Nature is going to listen to me either! **International Night** along with the **Cultural Arts Event** will be held on Tuesday, October 10. Can’t wait to see what you all have made to enter. We have some very talented members! This year our country of study is **Egypt**. Also on Thursday, October 12, will be the **Women Walk the World** walk at the 4-H Building at 4 p.m. Following the Walk will be the **Officers’ Training** which is one of the Blue Ribbon Award requirements for the units. (See next page.) **Snacks and Game Night** will follow the Officers’ Training.

Don’t forget about your unit contributions to the **Blessing Boxes**. We need to tackle this a bit more aggressively.

Physical work for the 4-H Food Stand is over for this year.(!) Thank you for all the help, we couldn’t do this **without you!** Ten (10) hour days are a bit much for these senior citizens! I want to **Thank** all eight (8) members of the Board for their dedication for pulling together to make this a success! **PEARLS OF WISDOM STRUNG TOGETHER!** We have other ideas we’re working on for projects. Will be letting you know as we get the kinks worked out.

Again, thank you for your help at the Food Stand. The members and non-members, the guest servers, the 4-H cookie makers, the cake, and pie makers, those who made donations, (especially cucumbers), and all the people who came out to support us.

**GO EDGAR COUNTY HOME COMMUNITY EDUCATION**

Your co-presidents: Kate Morecraft & Pat Brazelton

## **BLUE RIBBON CLUB OF EDGAR COUNTY**

The requirements are:

1. Payment of unit dues to county HCE Treasurer postmarked by May 1 along with list of unit officers.
2. Friendship Project Funds (Pennies for Friendship) collection is sent to County HCE Treasurer by November 5.
3. The unit is represented at all Countywide HCE events.
4. The designated unit member attends the Train the Trainer lesson.
5. All unit officers attend ECHCE Officer Training.
6. Each unit participates in each ECHCE Outreach project  
Ex: school supplies collection, sewing Christmas stockings
7. 75% or more of unit members participate in CVH program.
8. A unit representative will attend at least 2 ECHCE board meetings per year.
9. The Edgar County HCE Board will select the unit that best meets the criteria.



**This program covers the county year, April 1 to March 31. The current requirements are in effect as of April 1, 2016.**

**From International Chairperson, Trudy Arrasmith:**

### **LET'S CELEBRATE HCE WEEK! October 9 - 13**

International Night – October 10 Registration 5:30 p.m.; Meal 6 p.m.

Eileen Urish, Market Advisor for Illinois Soybean Association, Bloomington, IL, will present the program on Egypt

Women Walk the World – October 12 4 p.m.

Officer's Training & Game Night will follow the walk

Please bring any games you are interested in playing.

*Did you know that Egypt is one of the largest importers of Illinois soybeans?*

### **ECHCE Board Minutes – July 5, 2023**

The ECHCE Board met at Pat Brazelton's house at 1 p.m. on July 5, 2023. Kate Morecraft led the Pledge of Allegiance and the Homemakers Aim.

Cindy Bruce read the roll call with Becky Step, Trudy Arrasmith and Dona Hoult absent. She also read the minutes from the June meeting and they are on file.

Treasurer Carole Halloran said as of June 1 our regular balance is \$2,580.25 and the premier balance is \$4,625.83. Dues are all paid.

Our active shooter reception was great and people really enjoyed it. The newspaper article was very good.

Some board members went to the mini workshop in Macon County and we all thought it was a good day.

(this is change) Mill Creek Meats would donate meat on last day of our sales. We did not know how to keep track of our sales so we decided to skip it. We asked them to donate on their own.

We had a box at the fair for all who were interested in becoming HCE members.

Board members will check their list to make sure we have what we need at the fair each day. Carole will get the fridge, pop, and water for the fair. Other board members will get and bring what they are to bring for the fair.

The board will make the BBQ on July 10 at 9 a.m. at the 4-H Building.

Next meeting will be at 1 p.m. at Pat Brazelton's house on August 7, 2023.

Cindy Bruce, Secretary

### **ECHCE Board Minutes – August 7, 2023**

The Pledge of Allegiance and the Homemakers aim were led by Kate Morecraft.

Cindy Bruce read the roll call with Trudy Arrasmith and Becky Step absent.

Minutes from July meeting were read. The minutes regarding Mill Creek were to be changed and then all put on file.

Carole Halloran said that on July 31, 2023 we had \$6536.34 in our regular account & \$4125.87 in our premium account. We also paid Robert Rollings \$500 for his scholarship.

Thank you's are to be sent to our servers by Paula Coombs.

Those of us going to district meeting will leave Marge Houghland's home at 6:45. We ended with Marge, Dona and Cindy going. We had a great time.

Our BBQ as well as our other food, etc. was very good.

Changes for the food stand... no cross overs when cutting pies, need more rice crispy treats, more than chocolate chip cookies, more brownies, need more than plain chips, go back for lettuce as it stays better. Good food stand!!

We will do Egypt on the 10<sup>th</sup> of October at the 4-H Building. Registration is at 5:30 p.m.

We will eat at 6 p.m. Leaders will be at 4-H Building at 4:30 p.m. Bring Cultural Arts projects on International Night.

Women Walk the World/Game Night is October 12 @ 4 p.m. Officer training is at 5 p.m. Games will be at 6'ish.

The board members worked the county fair and we had a police officer come and give us a talk about what we could do at the fair.

Nothing was turned in for Blessing Boxes at the fair.

Carole said all dues have been paid.

Next meeting will be September 5 @ 1 p.m. at Pat Brazelton's home.

Meeting adjourned. Cindy Bruce, Secretary



**Local leader training for the November major lesson  
*What to Eat When You Can't Eat That*  
is scheduled for Tuesday, October 10 at 10 a.m. at  
the Extension Office. Everyone is invited.**

**FROM DONA HOULT, CULTURAL ARTS AND CULTURAL ENRICHMENT BOARD MEMBER:**

Don't forget to bring your items for the cultural arts display to International Night on October 10. Below is the list of categories for the show. HCE week is fast approaching. I would like to have entries from all the units. We will vote on these on Tuesday and Thursday of HCE week. Any questions, please contact me. We have received a report on the food stand and we had a good year with all the help of our members. Thank you for all the volunteers.

**Categories for Cultural Arts show on October 10**

- 100 Artwork (Charcoal, Oil, Acrylic, or watercolor)
- 200 Counted Cross Stitch
- 300 Crafts (Wood and Rugs included)
- 400 Crochet Afghans
- 500 Crochet – Other
- 600 Hand Embroidery
- 700 Quilt, hand or machine pieced, and hand quilted by HCE member
- 800 Heritage Needlework (silk ribbon, hardanger, tatting, etc.)
- 900 Jewelry (handmade)
- 1000 Knit afghans
- 1100 Knit – Other
- 1200 Machine Embroidery
- 1300 Quilt Machine pieced, and machine quilted by HCE member
- 1400 Nature Items (anything made of natural things, wheat, corn husk, etc.)
- 1500 Photography
- 1600 Quilt, hand or machine pieced by HCE member and quilted by non-HCE member
- 1700 Quilted – Other (anything quilted that isn't a quilt)
- 1800 Recycled
- 1900 Scrapbooking/Paper Crafts
- 2000 Home Décor (wall hangings, wreaths, centerpieces, rugs, and other things that make your home artistically satisfying) – NO QUILTS
- 2100 Wearable Art (any technique applied to purchased or self-made item)
- 2200 Holiday Theme (Anything Holiday) – NO QUILTS
- 2300 Current annual Conference Theme or Country of Study
- 2400 Sewing

Note: Above size maximum is 24", including matting and frame, or may be folded to 24" – except quilts



## **THANK YOU FROM EDGAR COUNTY 4-H!**

Edgar County 4-H would like to thank the HCE members for donating cookies for the 2023 4-H BBQ. We ran out of green beans, but we didn't run out of cookies, thanks to you! We would also like to say thank you for your hard work & many hours given to run the food stand at this year's 4-H Fair. The BBQ sandwiches were delicious, as usual. We know it is very hard work and involves many long hours and we thank you for being there for our 4-H members, our families, and patrons.

Edgar County 4-H members and staff

**Egypt is the international country of study this year. Let's learn about Egypt.**

### **A brief summary of the International Meeting in September on the Country of Egypt**

The flag of Egypt has 3 equal horizontally striped bands of red, white, and black with a central coat of arms in the form of a gold eagle. Many flags have been flown over Egypt in its thousands of years of history; but, in 1984, 5 years after the dissolution of the federation, the gold eagle of Saladin (12<sup>th</sup> century ruler of Egypt, Syria, Yemen, and Palestine) was substituted for the hawk. Egypt is known for its giant pyramids. Under the pyramids are many chambers and corridors, some are funeral chambers.



Historians think the pyramids were built by human laborers using ramps, ropes, and many people. No one knows for sure how this was accomplished, but they had to be very knowledgeable. If a small mistake was made at the base, then by the time they reached the top they would not have a pyramid but something more like a corkscrew. Egyptians saw animals as incarnations of gods and were the first civilization to have pets. Dogs were revered to hunt and protect, but cats were believed to be magical, bringing good fortune to their owners. Wealthy owners dressed their cats in jewels and gave them treats. Upon death, many of them were mummified and buried with their owners who shaved their eyebrows as a sign of bereavement.

Egyptians hated being hairy – it was a mark of inferior status. A shaved head was a sign of nobility. Many cosmetic experiments by Egyptians, such as wigs, make-up, and waxing paste, are still used today. They did have some doctors, but no dentists. Oral hygiene was poor and tooth decay resulted in bad breath. They used a mixture of

frankincense, myrrh and cinnamon boiled with honey to shape them into pills to produce breath mints.

Legumes, fruits, and vegetables were plentiful in the Nile valley. Seafood, lamb, pigeon, duck, and chicken were also consumed. Cumin is the most used spice. Bread was a vital component and often used as a bowl. The capital of Egypt is Cairo. The population is 99,412,317. The official language is Arabic. Egypt is a country located in the northeastern corner of Africa and has been called the 'gift of the Nile'. The location has made it a hub for trade routes between Europe, Africa, and Asia. As one of the region's major food producers, it has long supported a largely rural population.

Egypt borders Libya to the west, Sudan to the south, and Israel to the northeast. The Mediterranean coastline is about 620 miles long in the north, and its coastline along the Red Sea and Gulf of Aqaba is 1200 miles long. The country is not entirely flat. There are mountains along the Red Sea, in the southwest area of the Western desert and in the Southern Sini Peninsula. The coastal regions are arid, not fertile, and are sparsely populated and underdeveloped. The delta is mostly flat and is crisscrossed by canals and drainage ditches. The cultivated area varies from 5 to 10 miles wide between Cairo and Aswan High Dam. There is irrigation and this allows them to raise 2 to 3 crops per year.

Egypt lies in the North Africa Desert belt so has low rain fall. There is sunshine throughout the year. Cyclones cause sandstorms-more in May through September, which is their summer months with temps ranging from 91-106°. Winter is from November to March, which is cool and mild. January temps range from 48-74°. Winter may have some rain with 0.1 to 7 inches annually.

There is not much plant life in the desert. The coastal area has plants, especially where the Nile and irrigation exists, and there are not many trees.

Animals include buffalo, camels, goats, donkeys, and sheep. Crocodiles exist only south of Aswan. The largest animal is the Aoudad, a wild bearded sheep in the western desert. Other desert animals include Dorcas gazelle, Fennec fox, Nubian ibex, the Egyptian hare, and 2 kinds of jerboa, which are mouse-like rodents with long hind legs for jumping. The Egyptian Jackal still exists, and hyrax are found in the Sinai Mountains. Also are the Caffre cat and Egyptian mongoose and many lizards. There are poisonous snakes, lots of birds, hooded crow, black kite, golden eagles, egrets, and hoopoe (an orange bird with zebra-striped wings).

The main summer crop is cotton. Egypt is the world's principle producer of long-staple cotton, supplying 1/3 of the world's crop. Other crops are corn, rice, wheat, sorghum and fava beans, sugarcane, tomatoes, potatoes, onions, and sugar beets.

The official language is Arabic, but most speak one of several dialects.

Islam is the official religion of Egypt and about 90% of all Egyptian Muslims adhere to the Sunna branch (under the leadership of Muhammad).

Copts is the largest Christian denomination dating back to the 7<sup>th</sup> century-8% belong to this. Others are Coptic Catholic, Greek orthodox, as well as Anglicans and other Protestants. Few Jews remain in Egypt. Most businesses are closed on Friday, a Muslim holy day.

Egypt has lived under several constitutions, both as a monarchy and after 1952 as a republic. The first was in 1923 after England declared Egypt independent as a sovereign Islamic State with Arabic as its language. Only adult males could vote. The

ruler would be a King. This was abolished in 1952 and the Republic of Egypt was declared in 1953. In 2005 they held their first presidential election and did so by popular vote. The president must be Egyptian, born of Egyptian parents and at least 40 years old. The term is 6 years and he can serve 2 terms.

Women are expected to be modest and conservative according to Islamic principles. Most women maintain their virginity until marriage as a sign of morality and most men prefer to marry a virgin. Women are present in the workforce. A headscarf is normally worn as a sign of modesty and discourage male advances in the professional field. Women are expected to keep their arms and legs covered especially in religious areas.



# HIGHLIGHTS FROM THE 2023 4-H FAIR FOOD STAND



Food Stand prep starts days before the actual 4-H Fair. Pictured at left & at right are Pat Brazelton, Paula Coombes, Becky Step, and Carole Halloran preparing the delicious BBQ.







Still smiling – Becky Step, Joan Mattingly, and Kate Morecraft



At left: Cindy Bruce and Pat Brazelton working to prepare BBQ.



At left: Steve Coombes and Bruce Young from Lot 50 Brewing lent a hand at the food stand during the 4-H Fair.



HCE members Trudy Wilson, Mary Ann Sullivan and Paula Coombes having fun while preparing salads for the food stand.

Below: Having fun while working hard are Susan Fox and Farm Credit Illinois employees Brent Becker, Julie Crippin and Chad Gann.



## **Plan ahead for prolonged power outages**

Take steps to help keep your family safe and comfortable during a power outage. A good way to start is to put an emergency kit together.

- Water: Stock up on bottled water for consumption. FEMA recommends storing at least one gallon per person, per day.
- Food: Have at least enough food, including non-perishable packaged or canned foods, juices, special foods for infants or the elderly, and snack foods, for three to seven days.
- Utensils: Without electricity, be sure you have manual can opener, paper plates, and plastic utensils.
- Layers and added warmth: Gather blankets, pillows, and warm clothing items.
- Medicine and other items: Locate a first aid kit, medicine, prescription drugs, and any essential medical equipment.
- A charged cell phone: Most people are used to having their phones with them, but also have a portable, fully-charged power pack on hand.

### **Also Gather:**

- Toiletries, hygiene items, and moist towelettes.
- Flashlight and extra batteries.
- Battery-operated radio or a NOAA weather radio.
- List of emergency telephone numbers, including your local utilities.
- Toys, books, and games.
- Pet food and other pet-care items.
- Supplies for alternate heating methods, such as a fireplace or wood-burning stove.

### **Other safety tips include:**

- Use caution when using a portable generator.
- Never use a portable generator indoors, in a garage, or near windows or doors because they omit deadly carbon monoxide.
- Never plug a portable generator into a wall outlet. Doing so can create deadly backfeed, which occurs when electricity travels from the generator back through the power lines.
- Monitor the temperature in your home. Infants and elderly people are more susceptible to the cold and heat.
- Avoid downed power lines, consider all downed and hanging lines energized and deadly.



A few members of the Chrisman Nite HCE met at the home of Nancy Harper to make fruit pies for the 4-H Fair. The club was asked to provide 12 pies for the fair. A majority of the members were unable to make pies due to illness, handicap, being elderly or never making a pie before. Gail Pruitt (not pictured), Nancy Harper, Vickie Hollingsworth, and Bobbie Haton enjoyed making the pies. They all thought it was a lot of fun.



A summer road trip was enjoyed by the members of the Chrisman Nite HCE. They traveled to Casey, Illinois to see all of the sights around the town. They enjoyed lunch at Richard's Farm Restaurant. Those in the picture are: Mary Marvin, Jenni Ray, Vickie Hollingsworth, Ronda Hess, Dorothy Quick, Betty Lewis, Debbie Cook, Nancy Harper, and Bobbie Haton. Everyone had a fun time.

Three members attended the IAHCE meeting on August 9 in Springfield. Workshops were held and we were also informed of the plans for the March, 2024 State Conference. HCE will be 100 years old next year and many exciting events will take place. Any member can order a special shirt, bag, or insulated mug.



Above: Marge Houghland, Cindy Bruce & Dona Hoult at the IAHCE meeting.



## Pumpkin History

References to pumpkins date back many centuries. The name pumpkin originated from the Greek word for “large melon” which is “pepon.” Pepon” was nasalized by the French into “pompon.” The English changed “pompon” to “pumpion.” Shakespeare referred to the “Pumpion” in his *Merry Wives of Windsor*. American colonists changed “pumpion” into “pumpkin.” The “Pumpkin” is referred to in *The Legend of Sleepy Hollow*, *Peter, Peter, Pumpkin Eater* and *Cinderella*.

Native Americans dried strips of pumpkin and wove them into mats. They also roasted long strips of pumpkin on the open fire and ate them. The origin of pumpkin pie occurred when the colonists sliced off the pumpkin top, removed the seeds, and filled the insides with milk, spices, and honey. The pumpkin was then baked in hot ashes.

### **History of the Jack-o-Lantern**

People have been making jack-o-lanterns at Halloween for centuries. The practice originated from an Irish myth about a man nicknamed “Stingy Jack.” According to the story, Stingy Jack invited the Devil to have a drink with him. True to his name, Stingy Jack didn’t want to pay for his drink, so he convinced the Devil to turn himself into a coin that Jack could use to buy their drinks. Once the Devil did so, Jack decided to keep the money and put it into his pocket next to a silver cross, which prevented the Devil from changing back into his original form. Jack eventually freed the Devil, under the condition that he would not bother Jack for one year and that, should Jack die, he would not claim his soul. The next year, Jack again tricked the Devil into climbing into a tree to pick a piece of fruit. While he was up in the tree, Jack carved a sign of the cross into the tree’s bark so that the Devil could not come down until the Devil promised Jack not to bother him for ten more years.

Soon after, Jack died. As the legend goes, God would not allow such an unsavory figure into heaven. The Devil, upset by the trick Jack had played on him and keeping his word not to claim his soul, would not allow Jack into hell. He sent Jack off into the dark night with only a burning coal to light his way. Jack put the coal into a carved out turnip and has been roaming the earth with it ever since. The Irish began to refer to this ghostly figure as “Jack of the Lantern,” and then, simply “Jack O’Lantern.”

In Ireland and Scotland, people began to make their own versions of Jack’s lanterns by carving scary faces into turnips or potatoes and placing them into windows or near doors to frighten away Stingy Jack and other wandering evil spirits. In England, large beets are used. Immigrants from these countries brought the jack o’lantern tradition with them when they came to the United States. They soon found that pumpkins, a fruit native to America, make perfect jack o’lanterns.

Source: The History Channel

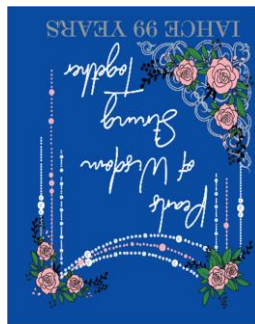


Illinois Extension, Edgar County (HCE)  
210 West Washington  
Paris, IL 61944

U.S. Paris, IL 61944  
Permit 308  
Non-Profit Organization

**RETURN SERVICE REQUESTED**  
**SEPTEMBER/OCTOBER, 2023 NEWSLETTER**

---



**Pearls of Wisdom Strung Together**  
**Celebrating 99 Years of IAHCE**